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‘Broncos’ *COOK* up new culinary competition

Sgt. Jerald Bonkowski (right), assigned to Co. E, 29th Bde. Engineer Bn., 3rd BCT, 25th ID, and **Spc. James Newberry**, assigned to HHC, 325th Bde. Support Bn., 3rd BCT, prepare Caribbean-style rack of lamb at the Bronco Café, Jan. 19.

Story and photos by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The sounds of sizzling entrees were heard as two culinary teams competed for the 3rd Brigade Combat Team Top Chef at the Bronco Café Dining Facility, here, Jan. 19. “The mission of the 3rd Brigade Combat Team Quarterly Top Chef Competition is to continually raise the standards of culinary excellence and professionalism,” said Master Sgt. Orland Akins, senior culinary management noncommissioned officer, assigned to Headquarters and Headquarters Company, 3rd BCT, 25th Infantry Division.

Akins said he wanted to start the quarterly competition as a way to nurture the creativity of individual chefs and provide a showcase to demonstrate their individual skills, techniques and styles.

Gold Team and Black Team, consisting of five culinary specialists each, were led by the winners of the Chef of the Board from the 1st quarter.

“Each team will be issued 200 servings to prepare for three entrees,” he said. “The team leader will have one plate of each product for the display table and three plates for the guest judges for a total of four plates.”

Incoming diners judged the participants on their entrees by receiving a scorecard upon entry of the dining facility. The diners that entered the dining facility received a half portion of each team’s entrees.

“The competitors will be judged on the following categories: practicality, nutrition, workmanship, economy, presentation, creativity and concept,” he said.

Sgt. 1st Class Jose Alves, a certified executive chef and senior food service culinary management NCO for the Logistics Readiness Center Hawaii Culinary Arts



Spc. Louie Burgos, a culinary specialist assigned to Co. G, 2-35th Inf. Regt., 3rd BCT, 25th ID, debones a red snapper with pliers.

Lab, here, served as a guest judge for the two teams.

“What we’re looking for is creativity, taste, presentation ... and make sure they’re using the proper components as far as ingredients, if they blend well,” Alves said. “Certain ingredients have to mesh. If you use seafood, there’s certain herbs and produce that goes with that dish. If you’re using chicken, certain things we look for.”

Alves, a former “Cacti” Soldier once assigned to 2nd Battalion, 35th Inf. Regiment, 3rd BCT, and who worked at the Bronco Café in 2005, was delighted to share his experience with the younger generation of culinary chefs.

“When we judge events like that ... we know these Soldiers are not certified,” he said. “They’re not at that competition level like myself and my Soldiers.”



Sgt. 1st Class Jose Alves, senior food service culinary management NCO assigned to 8th Military Police Bde., 8th Theater Sustainment Command, tastes one of the meals during the judging portion.



Spc. James Newberry (left), assigned to HHC, 325th Bde. Support Bn., 3rd BCT, 25th ID, and **Sgt. Dominique Martin**, assigned to Co. F, 3-7th Field Artillery Regt., 25th Div. Artillery, 25th ID, prepare Jamaican jerk chicken.

at Fort Lee, Virginia.

After the votes had been tallied, along with Alves’ heavy vote, it was Black Team led by Sgt. Jerald Bonkowski, assigned to Co. E, 29th Bde. Support Bn., 3rd BCT, which won the day.

The three entrée meal that Black Team had created was Caribbean style rack of lamb, island style red snapper with a pineapple salsa and a Jamaican jerk chicken.

“Today, it was mostly just team work,” Bonkowski said. “Every time our team came up with an idea, everybody jumped on board real quick, and there was no arguing. We just kept rolling with it and didn’t stop what we’re doing. It was a good day.”

‘Wayfinder’ renders lifesaving aid to Wahiawa resident

Story and photo by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Spc. Anthony Kemp, an intelligence analyst assigned to Company D, 29th Brigade Engineer Battalion, 3rd Bde. Combat Team, 25th Infantry Division, received an award, here, Jan. 20, for providing lifesaving aid to a civilian.

It was a quiet late afternoon, Dec. 2, 2016, for Kemp, until he heard the pained screams from a resident outside his Wahiawa home.

Kemp said he saw a neighbor trying to free his leg from a pit bull. The man had kicked off the dog once only to have it latch back onto his leg again, tearing a large chunk of the individual’s calf.

“When I went down there, the pit bull was still running around a little bit, but a neighbor got it under control,” he said.

He then proceeded to provide medical



Spc. Anthony Kemp, intelligence analyst, 29th BEB, 3rd BCT, 25th ID, receives an Army Achievement Medal from Lt. Col. Barrett Emenheiser, commander, 29th BEB, Jan. 20.

aid by elevating the injured man’s leg against a fence, to lessen the bleeding.

“I ran across the street to my car, because we were getting ready for

(Exercise) Yama Sakura. I had my FLC (fighting load carrier) in my trunk,” he said. “I got my tourniquet out of the medic bag and ran back over, and put it on his thigh to help stop the bleeding.”

Afterward, a call was placed to 911 for emergency medical care for the severely injured civilian.

Kemp attributed his ability to provide rapid aid to his Combat Lifesaver Course (CLS) that he first took in basic training and later during a refresher course.

“I feel that the average person might think to put the tourniquet right around the wound, but I always remembered high and tight,” he said, “so I went above the injury, even above the knee cap. I put it on his thigh.”

Kemp demonstrated personal courage by providing assistance and treatment to

a community member that was attacked by a dog, said 1st Lt. Joseph Salmento, platoon leader, Co. D, 29th BEB.

“Despite the dog acting aggressively and repeatedly mauling the victim, Spc. Kemp with the assistance of a bystander, proceeded to separate the dog from the victim’s leg,” Salmento said. “Then, he properly diagnosed the victim with arterial hemorrhaging in the leg and correctly applied a tourniquet to stop the bleeding. In addition, he kept the victim calm until first responders arrived. His actions saved the victim’s life.”

Kemp’s squad leader, Cpl. Jason Bride, Co. D, 29th BEB, said he was glad Kemp was there to help the victim by using his military training.

“He didn’t hesitate,” Bride said. “He went over there to give a civilian help, and he actually knew what to do as he was trained. He already had a good idea of how to take care of this situation. He’s a great Soldier.”

Schofield Barracks gate changes will be underway starting Monday

Story and photo by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Starting Jan. 30, McNair Gate will be closed to outbound traffic from 5 to 6:30 a.m., Monday through Friday.

The change aims to cut down on the amount of time drivers spend waiting in traffic during the morning rush hour.

During this 1 1/2-hour period, McNair will become a double inbound entry point, and outgoing traffic will exit through the Macomb, Foote or Lyman gates.

Also, the hours of operation at Macomb Gate will be reduced by eight hours. It will be open from 5 a.m. to 1 p.m., instead of 5 a.m. to 9 p.m.

This change reallocates resources to

meet the needs of the double inbound lane at McNair Gate while minimizing the impact of traffic flow at Macomb Gate during lunch and physical training hours, said Dr. Daniel Brush, deputy director of U.S. Army Garrison-Hawaii’s Directorate of Emergency Services.

McNair Gate will revert back to an inbound and outbound access point after 6:30 a.m., and the change will not take

effect on weekends, federal holidays and 25th Infantry Division training holidays.

Feedback from Army personnel and the neighboring communities prompted Schofield Barracks leaders to look into ways to improve traffic on and near the installation, which also affects drivers traveling between the North Shore and



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Inauguration Day’s about resilience

JIM GARAMONE

DoD News, Defense Media Activity

WASHINGTON — The chairman of the Joint Chiefs of Staff used the situation in The Gambia, where a serving president refused to give up power to his freely elected successor, as an example of why the peaceful transfer of power in the United States shouldn’t be taken for granted.

Marine Corps Gen. Joe Dunford told the members of the Congressional Medal of Honor Society that the events in West Africa show how rare America’s democracy really is.

“If you look at the state challenges that we identify – Russia, China, Iran, North Korea – not one of those countries enjoys the experience that we will have tomorrow (Jan. 20),” Dunford said.

An extraordinary experience

The will of the people is not part of their DNA, and the leaders of these countries stay in office sometimes for decades.

“I really believe, despite all the political rhetoric that’s out there, that tomorrow is an extraordinary experience for a couple of reasons,” he said. “First, the outgoing president will be there with the incoming president,



DoD photo by Army Sgt. James K. McCann

Army Command Sgt. Maj. John W. Troxell, senior enlisted adviser to the chairman of the Joint Chiefs of Staff, and Medal of Honor recipient Florent Groberg pose for a photo during the Medal of Honor Foundation reception prior to the 2016 Military Bowl at Navy-Marine Corps Memorial Stadium in Annapolis, Md., Dec. 27, 2016.

and there will be a peaceful turnover.”

Mirroring that peaceful turnover was an exercise, last week, in which all of the outgoing and incoming Cabinet officials participated, the chairman told the audience.

“We all sat in a room ... for about three hours, and we talked about all the situations the new administration could confront in the first 90 to 120 days,” he said.

Politics was not mentioned at the exercise, the chairman noted.

“Not for one second did we talk about personal agendas. Not for one second did we talk about anything other than ‘This is what’s best for the country,’” he said. “The old team was committed to make sure the new team knew what they needed to know to make sure our country can get through a crisis in the first 90 to 120 days,” he explained, adding, and that is as it should be.

The Congressional Medal of Honor Society is made up Medal of Honor recipients, and they are honored guests at every inauguration. They sat on the dais on the steps of the Capitol when President-elect Donald J. Trump took the oath of office. That the men who received America’s highest award for valor were there pleased the chairman.

The resilience of institutions

“There are those in this country who have forgotten what tomorrow (Jan. 20) is all about,” he said. “Tomorrow is about our country. Tomorrow is about the resilience of our institutions. What tomorrow is about is the American people and those looking out for them – whether in the legislative branch of our government or the executive – making decisions that are informed by what’s best for the American people. Some people have lost sight of that.”



President Donald J. Trump conducts a live talk back with service members in Afghanistan at the Salute to Our Armed Services Ball at the National Building Museum, Washington, D.C., Jan. 20.



Photos by Army Sgt. Kalie Jones, Joint Task Force-National Capitol Region

President Donald J. Trump salutes service members at the Salute to Our Armed Services Ball at the National Building Museum, Washington, D.C., Jan. 20.

President honors service members at ball

LISA FERDINANDO AND SHANNON COLLINS

DoD News, Defense Media Activity

WASHINGTON — President Donald J. Trump and First Lady Melania Trump honored members of the armed forces, thanking them for their sacrifice and service during the Salute to Our Armed Services Ball at the National Building Museum, here, Friday, Jan. 20.

“I want to thank you on behalf of Melania, myself, the family and the millions of people all over the world,” Trump said. “The job you’ve done is absolutely incredible, absolutely incredible.”

Via live link, he addressed service members at Bagram Airfield, Afghanistan.

“How is it over there?” he asked them.

“Congratulations on becoming the president of the United States,” said Army Sgt. 1st

Class Phillip Campbell of the Illinois Army National Guard.

Marine Corps Gunnery Sgt. Robert Gala, who advises and assists coalition partners in Afghanistan, echoed Campbell’s sentiment.

“On behalf of all the Marines here in Afghanistan, we’d just like to say congratulations and good luck to you on your term,” he

See HONORS A-4

Trump vows to put American interests first in decisions

JIM GARAMONE

DoD News, Defense Media Activity

WASHINGTON — America’s military has a new commander in chief as Donald J. Trump took the oath of office Friday, Jan. 20, as the 45th president of the United States.

“We, the citizens of America, are now joined in a great national effort to rebuild our country and to restore its promise for all of our people,” the president said after taking the oath from Chief Justice John Roberts. “Together, we will determine the course of America and the world for years to come.”

Trump added, “We will face challenges. We will confront hardships. But we will get the job done.”

Military participation

Thousands of U.S. military members from all service branches participated in inaugural events. Military participants included bands, the salute gun platoon and escorts for all the dignitaries on the dais on the west front of the U.S. Capitol.

Trump said that every decision that he makes as president will be made with America’s interests having the highest priority.

“Every decision on trade, on taxes, on immigration, on foreign affairs will be made to benefit American workers and American families,” he said.

Trump said the United States “will seek friendship and goodwill with the nations of the world – but we do so with the understanding that it is the right of all nations to put their own interests first. We do not seek to impose our way of life on anyone, but rather to let it shine as an example for everyone to follow.”

U.S. alliances

Trump vowed to reinforce old alliances and form new ones. He also said he would strive to “unite the civilized world against radical Islamic terrorism, which we will eradicate completely from the face of the Earth.”

The new White House website does address some of the president’s military priorities. It says the United States cannot allow

any nation to surpass its military might, and vowed to provide the required resources for future military capabilities and to bring readiness to where it needs to be.

The website also says Trump “will end the defense sequester and submit a new budget to Congress outlining a plan to rebuild our military. We will provide our military leaders with the means to plan for our future defense needs.”

The pre-eminence of the United States is “at the bedrock” of the Trump administration, the president said in his address.

“Through our loyalty to our country, we will rediscover our loyalty to each other,” he said. “When you open your heart to patriotism, there is no room for prejudice.”

Inauguration

See <https://www.youtube.com/watch?source=GovDelivery&v=wly4MKUD2VI> for the president’s vow.



Voices of Ohana

Because January is National Mentoring Month, we wondered, What’s the best piece of life advice you’ve received?
By Tripler Army Medical Center Public Affairs



“Just because something is difficult doesn’t mean you don’t have to do it.”

Lt. Col. Jennifer M. Badger
Otolaryngologist
TAMC



“One of the best pieces of advice was given to me by my mentor in 2004. He said that every day you should always look for some way to make yourself better.”

Col. Charles (Chuck) M. Dietrich
MC, OBGYN residency program director
TAMC



“When you find that one thing you love to do in life, whether that’s medicine, art, music, etc., pursue that and don’t trade it for anything else.”

Maj. Michael S. Patskowski
Anesthesiologist
TAMC



“‘Keep your eye on the prize.’ My father gave this to me. ... It means regardless of what obstacles you face, continue to focus on the end result and work towards it.”
Sgt. 1st Class Jason T. Timberlake
NCOIC Transfusion Medicine Services
TAMC



“I am paraphrasing (this advice from an NCO being promoted), ‘Great things don’t come from your comfort zone, and leadership begins when you step outside that comfort zone.’”
Stephen M. Yamada
MS, CIC, Infection Control & Epidemiology program manager
TAMC



USAHC-SB, 25th ID and 2IBCT leaders – including (third from left to right) Col. Deydre Teyhen (commander, USAHC-SB), Brig. Gen. Bertram Providence (commander, Regional Health Command-Pacific), Col. Mario Diaz (25th ID deputy commander) and Col. Anthony Lugo (commander, 2IBCT) – officially open the Embedded Behavioral Health office at 2IBCT. Soldiers are encouraged to drop in if for help. Mission ready, fit for duty Soldiers is a No. 1 priority.

Photo by Staff Sgt. Carlos Davis, 2nd Infantry Brigade Combat Team Public Affairs, 25th Infantry Division

2nd Brigade relocates its behavioral health

1ST LT. JASON KILGORE
U.S. Army Health Command-Schofield Barracks Public Affairs

SCHOFIELD BARRACKS — To remain at a high state of readiness is every commander’s mission. Firing ranges are constantly being booked to log weapons qualification, and physical training is getting tougher. Noncommissioned officers (NCOs) are constantly testing their Soldiers on tactical and technical knowledge; however, one very important aspect to readiness is being completely missed: behavioral health. The 2nd Infantry Brigade Combat Team (2IBCT) is finding ways to provide medical service that are convenient for their Soldiers. The opening of the relocated 2IBCT Embedded Behavioral Health (EBH) office is making the

commander’s mission easier to complete. Lt. Col. Evelyn Vento, officer in charge of Behavioral Health, Schofield Barracks, stated that “by having the EBH in the brigade’s footprint, critical behavioral health services are closer in proximity to the Soldiers and leaders. This allows for improvements in mission readiness, communication, accessibility, continuity of care, and Soldier and key leader satisfaction.” Moving the EBH into the brigade’s area provides the Soldier with a convenience that wasn’t previously available. The new location will allow Soldiers who do not possess a vehicle the ability to walk just a short distance to make their appointment. This might not seem like much; however, when a Soldier needs to

be transported in order to make an appointment, this takes away another Soldier or NCO who might be more useful completing more pertinent tasks. Col. Anthony Lugo, commander of the 2IBCT, stated, “If proximity only allows one more Soldier to seek out behavioral health care, when they otherwise would not, then I know we have made a difference.” There is a negative stigma about behavioral health that deems a Soldier as “weak” if they seek help. Col. Deydre Teyhen, commander of the Health Clinic at Schofield Barracks, stated, “While deployed, behavioral health disorders account for 7.7 percent of all medically documented conditions, but that number increases to 30-35 percent of all U.S. troops seeking behavioral health care within a year after deployment.”

While that number might seem high, it could be higher if there was no negative stigma when it comes to seeking care. “It is incumbent upon us as leaders to ensure that we get the message out across not only the Warrior Brigade, but the entire Army, that seeking behavioral health is a sign of strength,” said Lugo. “We, as Soldiers and leaders, need to take the time and look after our brothers and sisters in arms, and help them get the care they need, before it’s too late.” The No. 1 priority of the U.S. Army Health Clinic-Schofield Barracks is providing the Army with mission ready, fit for duty Soldiers. The USAHC-SB continually looks for ways to better serve our Soldiers and provide them with the best care. Our Soldiers deserve nothing but the best.

IMCOM’S Transition Assistance Program helps out Army

LESLIE HARGETT AND WILLIAM BRADNER
Installation Management Command
SAN ANTONIO — Unemployment Compensation for Soldiers leaving the Army during fiscal year 2016 dropped to the lowest amount recorded in 13 years. The Army ended the year at \$172.8 million, according to the Department of Labor’s unemployment compensation report. Army expenditures had peaked in 2011 at \$515 million. This is the first time the expenditures have dropped below \$200 million since 2003. In the last four years, the Army has saved over \$900 million in cost avoidance for unemployment compensation expenditures through programs like the IMCOM Soldier for Life Transition Assistance Program, which prepares Soldiers for finding employment in the civilian sector when they leave active service. “The significant reduction in the Army’s bill for unemployment compensation, along with the reduction in the national veteran unemployment rate, can be attributed to the diligence of the team of teams at IMCOM’s SFL-TAP centers who are selfless, passionate and dedicated to this important mission,” said IMCOM Command Sgt. Maj. Melissa Judkins. IMCOM executes SFL-TAP by providing resources, guidance and support to 73 centers worldwide. The command markets the program to Soldiers, provides



Photos by Christine Cabalo, Oahu Publications
Job seekers with military ties meet recruiters from more than 100 companies during the second day of the Hawaii Transition Summit, Oct. 19, 2016. Companies included worldwide businesses such as Toyota and Microsoft.



Spc. Letecia Adams receives resume help from Lorna Fredeluces, an employment service specialist with the Hawaii Department of Labor and Industrial Relations.

direct funding and manpower, develops standardized training and monitors the execution of the program. When Soldiers receive unemployment compensation from a state agency, the Department of Labor bills the Army for reimbursement. Reducing the number of Soldiers receiving compensation by assisting them in their transition to the civilian sector benefits both the Army and the federal government in cost avoidance savings. In 2016, alone, over 117,000 Soldiers successfully transitioned into the civilian

community using SFL-TAP services. “We are excited to see that more Army veterans are finding careers after they transition off of active duty service, and fewer are having to file for unemployment compensation,” said retired Col. Walter Herd, director of the Soldier for Life-Transition Assistance Program, based out of the U.S. Army Human Resources Command at Fort Knox, Kentucky. Although experience shows veterans generally enjoy a favorable employment rate in the nation’s job market, many veterans initially find it difficult to compete successfully in the civilian labor market. SFL-TAP Centers help Soldiers alleviate many employment-related difficulties and prepare them for success. IMCOM SFL-TAP Centers have partnered with the Department of Labor, Dept. of Defense, the Small Business Administration, and Veterans Affairs to provide employment and training informa-

tion to Soldiers and their eligible spouses within one year of their separation or two years of their retirement from the military. “This is a positive step for our Soldiers and our nation as we continue to support and provide the assistance Soldiers need as they transition off of active duty service,” Judkins said. “However, as we transition 90-thousand-plus Soldiers per year for the next 3-5 years, it’s imperative for the Army to maintain the momentum to keep veteran unemployment low and continue to reduce ... for the Army,” she concluded. *(Editor’s note: Hargett works for IMCOM G1 and Bradner works for IMCOM Public Affairs.)*



Courtesy graphic

More Online
For more information about the Soldier for Life program, visit <http://soldierforlife.army.mil>.
Comments and suggestions can be left by logging on to https://ice.disa.mil/index.cfm?fa=card&sp=131336&s=990&dep=*DoD.

What does SFL-TAP do?
The Soldier For Life-Transition Assistance Program provides transitioning services to Soldiers who have completed at least 180 days of continuous active duty service. SFL-TAP consists of comprehensive three-day workshops at selected IMCOM installations worldwide. Professionally-trained facilitators from state employment service offices, military family support services, the Department of Labor and the Department of Veterans Affairs present the workshops. Soldiers learn about job searches, career decision-making, current occupational and labor market conditions, resume and cover letter preparation, and interviewing techniques. Participants are also provided with an evaluation of their employability relative to the job market and receive information on the most current veterans’ benefits. SFL-TAP remains a commander’s program that encourages the idea of going early and often to receive transition services in order to be more prepared for transition. Soldiers are encouraged to start the program 18 months prior to their transition date or 24 months prior for retirees. The earlier a Soldier starts the program, the better prepared they are for transition from active duty to the civilian sector.

How SFL-TAP supports USAG-Hawaii
Though Soldier for Life-Transition Assistance Program is a DA-level program run by the U.S. Army Human Resources Command, it’s executed locally by the Installation Management Command. At Schofield Barracks, the program is managed by the Directorate of Human Resources. The local SFL-TAP assistance center processes about 4,300 Soldiers each year as they transition from military to civilian employment. According to Michael Bormann, the Transition Services Manager, Soldiers who enroll in the process early on have a much higher chance of success in their transition. The SFL-TAP Office at Schofield Barracks offers mandatory workshops weekly. For a current listing of classes offered, check out our Facebook page at <https://www.facebook.com/SchofieldBarracksACAP/?fref=ts>. The SFL-TAP also coordinates job fairs

through a partnership with the Chamber of Commerce’s “Hiring Our Heroes” program. In 2016, more than 3,000 Soldiers were hired by 629 employers after taking part in interviews at Hiring Our Heroes events. Planning and scheduling is underway for the 2017 job fairs; again, see our Facebook site for an updated schedule. For more information about SFL-TAP, contact Michael Bormann on global email or call 655-1028. Also, visit these sites:
•Soldier for Life Program, Schofield Barracks, at www.garrison.hawaii.army.mil/transition/default.htm.
•Soldier for Life on Facebook at <https://www.facebook.com/pages/Soldier-For-Life/620824601267813>.
•Employment Readiness Program, Army Community Service Hawaii, at <http://hawaii.armymwr.com/pacific/hawaii/programs/employment-readiness-program>.

Mattis takes oath as 26th Defense Secretary

JIM GARAMONE
DoD News, Defense Media Activity

WASHINGTON — By a 98-1 vote, Friday, Jan. 20, the Senate confirmed retired Marine Corps Gen. James Mattis to be the 26th secretary of defense.

Vice President Michael R. Pence administered his oath of office shortly afterward.

Mattis is the first retired general officer to hold the position since General of the Army George C. Marshall in the early 1950s.

Congress passed a waiver for the retired four-star general to serve in the position, because law requires former service members to have been out of uniform for at least seven years to serve as defense secretary.

Mattis retired from the Marine Corps in 2013.

Three-war veteran

Mattis is a veteran of the Gulf War and the wars in Iraq and Afghanistan. His military career culminated with service as commander of U.S. Central Command.

The secretary was born in Washington State and raised in Richland, Washington, graduating from high school there in 1968 and enlisting in the Marine Corps



Mattis

the following year. He was commissioned in the Marine Corps in 1972 after graduating from Central Washington University.

He served as a rifle and weapons platoon commander, and as a lieutenant colonel, he commanded the 1st Battalion, 7th Marines in Operation Desert Storm. In Afghanistan, he commanded some of the first troops to go into the country. In the Iraq war, he commanded the 1st Marine Division in the drive to Baghdad in 2003.

He was instrumental in publishing the Army and Marine Corps counterinsurgency manual when he served at Marine Corps Developmental Command in Quantico, Virginia. He then commanded the 1st Marine Expeditionary Force before being chosen for four-star rank as the commander of U.S. Joint Forces Command and NATO’s Allied Command Transformation in 2007. He was named

CENTCOM commander 2010.

Study of war

Mattis is a student of the study of war. Former Defense Secretary William S. Cohen called Mattis “a man of thought as well as action,” when he introduced him at the Senate Armed Services Committee confirmation hearing last week.

The world is awash in change, Mattis told the committee.

“Our country is still at war in Afghanistan, and our troops are fighting against (the Islamic State of Iraq and the Levant) and other terrorist groups in the Middle East and elsewhere,” he said. “Russia is raising grave concerns on several fronts, and China is shredding trust along its periphery.”

The “islands of stability” in the world are under attack by nonstate actors and rogue nations, Mattis said.

“Our armed forces in this world must remain the best-led, the best-equipped and the most lethal in the world,” he added.

He told the committee that he will be “the strongest possible advocate for military and civilian personnel and their families” and that he will “foster an atmosphere of harmony and trust at the de-

partment with our interagency partners and the congressional committees.”

Alliances important

The secretary told the committee that alliances and collaborations with other countries are a necessity in this changing world.

“History is clear,” he said. “Nations with strong allies thrive, and those without them wither.”

Mattis said his priority as defense secretary will be to strengthen military readiness, strengthen U.S. alliances and bring business reforms to the Defense Department.

“Our military is the envy of the world, representing America’s awesome determination to defend herself,” he said. “Working with you, I will endeavor to keep our unique all volunteer force second to none.”

Videos
See Mattis’ oath of office at <https://www.youtube.com/watch?source=GovDelivery&v=xzyqKOAAJo8>.
See legislation allowing a waiver for the former Marine at <https://www.youtube.com/watch?source=GovDelivery&v=mQLtQv3S6uU>.

Department’s work continues as transition plays out

JIM GARAMONE
DoD News, Defense Media Activity

WASHINGTON — The infantry learns pretty quickly to be extra alert at dawn and dusk because the enemy favors those transition times to attack.

The same is true during political transitions, so the Defense Department is working closely with President Donald J. Trump’s transition team to ensure the process at the department doesn’t give any enemy of the United States an opportunity.

Shortly after the president-elect took the oath of office at noon, Friday, Jan. 20, the department had a new defense secretary. Trump had nominated retired Marine Corps Gen. James N. Mattis to succeed Defense Secretary Ash Carter.

When the Senate confirmed Mattis, he raised his right hand again and pledged “to support and defend the Constitution against all enemies, foreign and domestic.”

Ongoing operations

The department has ongoing operations in Afghanistan, Iraq, Syria, Libya, Yemen and other areas. U.S. forces are keeping watch against North Korean aggression, continuing patrols in the South China Sea and training with allies



Courtesy of Department of Defense

The Defense Department is working closely with President Donald J. Trump’s transition team to ensure the process at the department doesn’t give any enemy of the United States an opportunity.

and partners in Europe.

The Islamic State of Iraq and the Levant, and other terror groups, do not take a break because the United States is installing a new government. Yet, with few exceptions, most of the Obama administration’s political appointees in the department have exited as the new president took office. They included the

Army, Navy and Air Force secretaries, and the undersecretaries and assistant secretaries of defense.

Filling these jobs takes time; they require Senate confirmation. As of Jan. 23, the president had nominated only one person for any of these jobs: Vincent Viola as Army secretary.

Jobs that do not need Senate approval

will be filled more quickly.

So-called “Schedule C” jobs range from senior executive service appointments to GS-7s. But even these will take some time to fill, as there is usually a vetting process, and time is required to get security clearances and the like.

So what happens?

Generally, career civilian employees step into these positions on an acting basis. These individuals make the day-to-day decisions to keep the department or office or agency running.

This will be a relatively new procedure for the department. In 2009, the last time there was a change of administrations, President Barack Obama asked then-Defense Secretary Robert M. Gates to stay on. Gates agreed, and some members of his leadership team also stayed in place.

The last wholesale changeover was when Defense Secretary Donald H. Rumsfeld succeeded Defense Secretary William S. Cohen in 2001. Transition that year was delayed because of the disputed election in 2000, and it took some time for Rumsfeld to assemble his team.

In fact, at one point it was taking so long, he talked about being “home alone” in the Pentagon.

Honors: Trump thanks troops

CONTINUED FROM A-2

said.

Pledge of support

Trump said he enjoyed receiving congratulations from the service members in Afghanistan.

“You are the nicest people,” he said. “Thank you very much. I’m with you all the way. You have somebody that’s going to be right alongside you. We’re going to do it together. Honestly, not only the support you’ve given me, but the courage you show is incredible, and it’s going to be appreciated. It’s going to be appreciated more than ever before.

“We are with you a thousand percent,” Trump continued. “Keep fighting. We’re going to win. We’re going to win. I have your back. We’re going to make America great again.”

The first lady also offered her appreciation to the service members.

“I thank you all for your service,” she said. “I’m honored to be your first lady. We will fight. We will win, and we will make America great again.”

As is tradition at the inauguration ball honoring the military, the new commander in chief and the first lady each shared a dance with a military member, as did Vice President Michael R. Pence and his wife, Karen.

The president danced with Navy Petty Officer 2nd Class Catherine Cartmell, a Newport, Rhode Island native, who is a religious program specialist in the Office of the Chief of Navy Chaplains.

Mrs. Trump danced with Army Staff



Photo by Army Sgt. Kalie Jones, Joint Task Force-National Capitol Region

(From left to right, in front.) President Donald J. Trump, First Lady Melania Trump, Vice President Michael R. Pence and Second Lady Karen Pence dance with service members at the Salute to Our Armed Services Ball at the National Building Museum, Washington, D.C., Jan. 20.

Sgt. Jose A. Medina from Ponce, Puerto Rico, a human resource specialist who is assigned to Headquarters and Headquarters Company, 4th Battalion, 3rd U.S. Infantry Regiment (The Old Guard), and who served in Iraq and Afghanistan.

The vice president danced with Air Force Master Sgt. Tiffany Bradbury, who was born in Pusan, South Korea, and who serves at Headquarters U.S. Air Force as recruiter superintendent of enlisted accessions policy. She served in Operation Southern

Watch in Saudi Arabia.

Mrs. Pence danced with Marine Corps Sgt. Angel Rodriguez from Camden, New Jersey, who is assigned to Marine Barracks Washington as a post supply warehouse chief and who has served in Operation Enduring Freedom in Afghanistan.

Troops in Iraq

At the start of the evening’s event, Army Command Sgt. Maj. John W. Troxell, the senior enlisted adviser to the chairman of the Joint Chiefs of Staff, asked U.S. service members in Baghdad

via satellite, “Are we taking the fight to the enemy over there?”

“Hooah,” the team responded.

Troxell then asked them, “As the world watches today, as America demonstrates democracy through the peaceful transition of power, what does it mean for you to be part of this historic day for our nation?”

“On behalf of the members here of the Combined Joint Task Force Operation Inherent Resolve, we are extremely proud to be part of this historic moment,” said Army Sgt. 1st Class Rob Frasier, 1st Infantry Division. “We’re honored to serve and to work with our Iraqi partners and our coalition partners to continue to make Iraq safe for the people here.”

Service members and their families – as well as veterans, first responders, wounded warriors and Medal of Honor recipients – were among the invited guests.

Musical performers were Tony Orlando and the Josh Weathers Band.

Afghanistan Troops
Watch the talk to troops in Afghanistan at https://www.dvidshub.net/video/506134/president-trump-talks-troops-afghanistan-sas-ball?sub_id=0&utm_medium=email&utm_source=0&utm_content=asset_link.

“We are with you a thousand percent. ... Keep fighting. We’re going to win.”

- President Donald J. Trump

New M50 protective mask gets phased in



Master Sgt. William Mansfield, the HHD detachment sergeant, demonstrates clearing and sealing of the M50 mask in the gas chamber exercise during Phase III of CBRN training at Schofield Barracks.

Story and photos by
CAPT. NICHOLAS D. MAGILL
Headquarters and Headquarters Detachment
19th Military Police Battalion
(Criminal Investigation Division)

SCHOFIELD BARRACKS — Keeping readiness at the forefront, Soldiers of Headquarters and Headquarters Detachment, “Warriors of Justice,” 19th Military Police Battalion, here, have completed the integration of the new M50 protective mask.

Led by the battalion’s chemical, biological, radiological and nuclear, or CBRN, noncommissioned officer, Sgt. 1st Class Xavier Cooper, Soldiers became familiar with the capabilities, fitment, maintenance and use of the M50 mask.

The M50 mask is a completely new protective system that the Army is phasing into operation.

Cooper led the detachment through three phases of training.

- Phase I was familiarization and capabilities.
- Phase II was fitment, drills and the Joint Service

Lightweight Integrated Suit Technology, or JSLIST.

- Phase III was CBRN gas chamber and recovery.

Phase I began with the issuance, by serial number, of the newly fielded M50 mask. This was the first time the Soldiers in HHD had seen the M50 mask. The new mask features replaceable canisters with usage indicator, sacrificial lens for the main eye shield and a new carry case.

Phase II began with a mask fitment test that included a light ruck march to ensure a seal could be maintained. Soldiers noted that the M50 mask is much more comfortable over a period of time and does not fog up like the M40 mask. Those are two huge improvements.

Phase II also incorporated the JSLIST. Cooper gave detailed instructions of the four mission oriented protective posture, or MOPP levels. All Soldiers were able to dawn their MOPP gear in the appropriate time.

The “Warriors of Justice” M50 mask fielding culminated during Phase III of training with the execution of the gas chamber. Cooper executed a multifaceted training event that gave Solders great confidence with their M50 Mask.



Sgt. 1st Class Xavier Cooper (facing forward) instructs Soldiers on the proper fitment of JSLIST during Phase II of training. (From left to right,) Spc. Qihang Gao, Spc. Gabriel Mercado, Spc. Simon Young and Spc. Colton Crenshaw look on as they prepare to conduct JSLIST drills in the 19th MP Bn’s motor pool at Schofield Barracks.



Right — Members of the “Warriors of Justice” exit the gas chamber during Phase III of CBRN training at Schofield Barracks.

RHC-P’s inspector general provides guidance

EMILY YEHL
Regional Health Command-Pacific
Public Affairs

HONOLULU — For nearly 231 years, the Army’s Office of the Inspector General (OIG) has served commanders through its dedicated practice of investigating and providing guidance to Soldiers and civilians, so they stand ready to complete their missions.

As the new year begins, Regional Health Command-Pacific’s OIG continues with the mission of providing objective and impartial support to RHC-P’s

active duty and civilian staff with clarification and guidance on commonly misunderstood Army regulations, policies, procedures and best practices.

“We build on the enduring excellence of the inspector general system and extend the RHC-P commander’s eyes, ears, voice and conscience to create a more credible, reliable and knowledgeable organization, with a reputation for providing confidential and accurate assistance to Soldiers, family members, civilian staff and patients,” said Lt. Col. Vernon Wheeler, RHC-P command inspector general.

“We thoroughly embrace and display the core Army values, teach and train Soldiers and adaptive leaders.”

As one of the commander’s representatives, the OIG resolves issues as the directing authority to deciding allegations of impropriety. The OIG investigates violations of policy, regulation or law, mismanagement, unethical behavior, fraud and misconduct. The office also provides a safe environment for employees to seek assistance.

The OIG works to educate all involved parties and ensures concerns are resolved at the lowest level possible, facilitating complicated or confusing guidance and procedures, but always following regional, Army medicine and regulations, policies and procedures.


“We identify systemic trends and issues throughout RHC-P, Army medicine and the Army,” says Wheeler. “Then, we work to develop and assist with the implementation of solutions to emerging trends in support of organizational success. The OIG is responsible for inquiring and reporting on the discipline, efficiency, economy, morale, training and readiness within Army units,” added Wheeler.

The OIG is always available for assistance, but first and foremost, those seeking assistance should use the resources available at their unit or office, giving those responsible an opportunity to assist in resolving concerns. For example, employees with grievances can first use their chain of command to address issues. If personnel believe they are not being properly supported, the OIG may be

able to assist, or know someone who can.


No matter where assistance is sought, confidentiality will be maintained as best as possible. The OIG does not make recommendations on punishments or adverse actions. This allows them to remain neutral and impartial while fact-finding, supporting the policy and regulatory guidance in place.

RHC-P’s OIG has office locations at Tripler Army Medical Center and Mä-digan Army Medical Center in order to support the larger populations at those facilities. If employees are not located at one of those centers, they can seek assistance at one of the regional offices in Hawaii or Joint Base Lewis-McChord, Washington. However, anyone can submit a complaint, allegation or request for information or assistance to any Army OIG worldwide.



Before You Tell it to the Inspector General

- ✓ Be sure you have a problem, not just a peeve. (Army Regulation (AR) 20-1)
- ✓ Give your chain of command a chance to solve the problem. (Many problems must be addressed with the chain of command for resolution anyway per AR 600-20)
- ✓ If IG assistance is needed, contact your local IG first. (IG’s at higher commands will normally refer the case to the local IG for action)
- ✓ Be honest and don’t provide misleading information. (IGs will discover the truth quickly in most cases and there are penalties for knowingly providing false information)
- ✓ Keep in mind that IGs are not policy makers. (If a policy is flawed you can submit proposed changes on a DA Form 2028, Recommended Changes to Publications and Blank Forms.
- ✓ Keep in mind that IGs can only recommend, not order a resolution. (Only Commanders can order; the role of the IG is to advise the Commander)
- ✓ Remember IGs can only resolve a case on the basis of fact. (Your claim that a supervisor has violated the rules doesn’t make it a fact. A claim must be supported with evidence)
- ✓ Don’t expect instant action on your request...Be patient. (Investigations take time, and IGs tend to have heavy workloads)
- ✓ Be prepared to take “No” for an answer. (In any case “Yes” or “No,” and the IG will explain why)




Courtesy graphic
RHC-P’s OIG provides guidance, clarification and assistance to Soldiers and civilians on commonly misunderstood Army regulations, policies, procedures and best practices. Before you tell it to the inspector general, though, keep in mind what steps you should take.

Point of Contact

To find an OIG, use the new IG locator app available on iTunes. To download the apps, search “IG Locator” and “IG Bookshelf” in the iTunes App Store.

The locator app is a digital directory that contains contact information for Army OIGs, both in the U.S. and overseas.

Individuals located in the Pacific region can also email usarmy.tripler.medcom-tamc.list.ig@mail.mil.





27 / Friday

18th MEDCOM CoR — Command Sgt. Maj. Thomas Wrighton Jr. will relinquish responsibility of the 18th Medical Command (Deployment Support) to Command Sgt. Maj. John E. Braham Jr. at 10 a.m., Jan. 27, at historic Palm Circle on Fort Shafter. In case of inclement weather, the CoR will move to the Fort Shafter Physical Fitness Center. Call (808) 437-5992 for more details.

Hiring Freeze — Effective immediately, the president has put a freeze on all civilian job offers and hiring actions for the Department of Defense and Veterans Affairs. No new employees may in-process.

February

1 / Wednesday

New Hours — The Fort Shafter Personal Property office will be reducing services to Wednesdays only, beginning Feb. 1. Scheduled appointments will be provided from 7:30 to 11 a.m., only. Call 655-1868 for appointments. Assistance is available for Defense Personal Property System (DPS) self-counseling from noon till 3:30 p.m.

2 / Thursday

TARP — Threat Awareness and Reporting Program briefings are held at 9 a.m.:
•1st Thursday, Bldg. 1554, Fort Shafter Flats.
•2nd and 4th Thursdays, Kyser Auditorium, Tripler.
•3rd Thursday, Sgt. Smith Theater, Schofield Barracks.

3 / Friday

516th Signal CoR — Attend the 516th Signal Brigade change of responsibility ceremony at 10 a.m., Feb. 3, at historic Palm Circle, Fort Shafter.
Command Sgt. Maj. Delia Quintero will relinquish the 516th Signal Brigade's NCO Sword to Command Sgt. Maj. Richard Knott, signifying the transfer of responsibility as the senior noncommissioned officer for Signal Soldiers of the 516th and assigned units throughout the Asia-Pacific region.
Knott most recently served with the 63rd Signal Battalion at Fort Stewart, Georgia. For details, call Maj. Ladiero at 787-9272, or Sgt. 1st Class Commodore at 787-0769.

6 / Monday

College Education Fair — Attend the next College Education Fair on Monday, Feb. 6, between 10 a.m. and 2 p.m. at the Education Center. It's in the lobby area, second floor, of Yano Hall, Bldg. 560, 1565 Kolekole Avenue, Schofield Barracks.

Ongoing

TSP — Federal employees who participate in the Thrift Savings Plan and who will turn age 50 during the year are eligible to make TSP catch-up contributions, i.e., supplemental tax-deferred contributions, to the TSP beyond the maximum amount they can contribute through regular contributions. Visit www.tsp.gov/.

DPW — The Directorate of Public Works (Wheeler, Bldg. 104) will operate on the following temporary hours until further notice:
•Office hours of Monday-Friday, 6 a.m. to 4 p.m. Call 656-1275.
•After Hours of Monday-Friday, 4 p.m. to 6 a.m., for emergency calls only, including all weekends and holidays.
Call the Installations Operation Center, or IOC, at 656-3272.
Text Aloha — Are you feeling lonely? Angry? Just need to talk to someone?
•Call 1-800-273-TALK or 1-800-273-

WATER SURVIVAL



Photo by Staff Sgt. Armando R. Limon, 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — Sgt. Terell Sauls, a squad leader assigned to Company A, 325th Brigade Support Battalion, “Mustangs,” 3rd Bde. Combat Team, 25th Infantry Division, plunges in into Richardson Pool from a high dive platform, here, Jan. 23. Sauls participated in water survival training with more than two dozen Mustangs while a journalist and photographer from the *Hawaii Business Magazine* completed a photojournalism assignment for the event.

8255,or
•Text “Aloha” to 741741, or
•Visit crisistextline.org.
Someone is always available to help you!

Prescriptions — Did you know that the post pharmacy will take back your expired prescriptions free of charge? Pick up an envelope at the pharmacy for disposal. Call 433-8421 or 433-8425.

Text 911 — New technology has re-

ally improved our emergency response capability. If you cannot provide a voice (or telephone) call to 911 during an emergency, now you can use your cellphone. Visit www.hawaiiextto911.com.

SB HSO — Changes were made to the Schofield Barracks Housing Services Office procedures and operations regarding Temporary Lodging Allowance, or TLA certificates. Group briefings are held daily, and personnel must arrive on time. Call 655-3076 for more details.



27 / Friday

Wisser Road — Richardson Theater (Phase-1, Area A) will be closed now through March 17 (24 hours) for the connection of a new water main line; however, construction fronting the theater, Wisser Road, Strong Street and the parking lot adjacent to the theater will be fully accessible to standard traffic flow.
Intermittent road closures are at Wisser Road, in the vicinity of the theater, Bldg. 500 (Phase-1 Areas A-B), from 8:30 a.m.-5:30 p.m., weekdays, excluding holidays, through March 17. Also, intermittent closures between Funston Road and Pierce Street (Phase-1 Areas A-B) are at the same time frame.
The intersection of Strong and Casey streets will be restricted to local traffic only. Adjacent parking lots will remain accessible by means of Casey Street.
Westbound traffic on Wisser Road heading towards Funston Road will be detoured through Pierce Street.
Eastbound traffic from Funston Road heading towards the Post Exchange and Patch Gate will be detoured through Bonney Loop.

Kolekole — Due to weather delays and unforeseen conditions, the contractor still has some unfinished work to be done along Kolekole Avenue, Schofield Barracks. There will be lane closures at Kolekole, inbound and outbound, between Devol Street and the Post Office for Quad B barracks renovation.
Construction is scheduled to be completed in two phases.
Phase 1 is underway through today, from 8 a.m.-3 p.m., affecting only inbound traffic. The contractor will tie in the jobsite access road and sidewalk to Kolekole Avenue.



Courtesy photo
Wisser Road will get two phases of construction through March 17th.

Phase 2 will take place Jan. 30-31, at the same time frame, affecting only outbound traffic. The contractor will resurface the existing road.

Wahiawa — The Driver Licensing Center and Satellite City Hall at 330 North Cane Street in Wahiawa will be closed through today for a driveway repaving project. The Wahiawa Police Substation is open.
The public entrance off North Cane Street is blocked, and there is no access into the public parking lot that services the Wahiawa Driver Licensing Center, Satellite City Hall and Police Station.
During the construction, the Wahiawa Driver Licensing Center staff is assigned to the Kapolei office, and the Satellite City Hall staff is at other locations. Residents are encouraged to use other Satellite City hall offices and take advantage of convenient online services for vehicle registration renewals, voter registration and payments of water bills and real property taxes.
Go to www.honolulu.gov/csd/csd-contact-us-home for location, hours of operation and service information for all City and County of Honolulu Driver Licensing Centers and Satellite City Halls.

28 / Saturday

Foote Gate — Schofield's Foote Gate will be closed all day Saturday to perform maintenance/repair on the broken hinge plate and lock at that gate. Motorists should use Lyman Gate, which is open 24 hours, or Macomb Gate, which will be open Saturday, from 5 a.m. to 9 p.m.

30 / Monday

Macomb/McNair Gate — Be advised that starting Jan. 30th, Macomb Gate and McNair Gate hours of operation will change.
McNair Gate will be moving to a double inbound traffic pattern from 5 a.m. to 6:30 a.m. and will be closed to outbound traffic during that time.
Macomb Gate hours of operation will change from 5 a.m.-9 p.m. to 5 a.m.-1 p.m. Macomb Gate will continue to be closed on weekends and federal holidays.
Use McNair Gate or Lyman Gate for 24/7 access to the installation, or Foote Gate for access between 5 a.m.-9 p.m., seven days per week.
Here is the listing for gates at Schofield Barracks and Wheeler Army Airfield starting Jan. 30:
•Foote Gate: 5 a.m-9 p.m., seven days per week.
•Kawamura Gate: 5 a.m.-

9 p.m., seven days per week.
•Kunia Gate: 24 hours, seven days per week.
•Lyman Gate (required gate for all visitors): 24 hours, seven days per week.
•Macomb Gate: 5 a.m.-1 p.m. on Monday-Friday. Closed weekends and federal holidays.
•McNair Gate: 24 hours, seven days per week.
•McNair Gate: Two lanes will be open for inbound traffic and closed to outbound traffic 5-6:30 a.m., Monday-Friday (except weekends, federal holidays and 25th Infantry Division training holidays).

Partial Parking Lot Closure — Construction activities will temporarily close off various parking stalls for Bldgs. 896 and 1095, which are immediately adjacent to Menoher Road, from 7 a.m. to 5:30 p.m., Jan. 30 to Feb. 10. The closure is needed to install overhead electrical lines.

February

2 / Thursday

Wheeler Army Airfield Outage — A scheduled power outage will affect Wiliwili Housing Area and the Flight Simulator, Thursday, Feb. 2, from 7:15 a.m. to 3 p.m. This listing of areas may not be all inclusive, and the outage may require more time, depending upon field conditions. The outage is required for a 25th Combat Aviation Brigade project.

25 / Saturday

TAMC Outage — A scheduled power outage will affect all of Tripler Army Medical, except the Main Clinic; plus, the outage includes the Spark M. Matsunaga Veterans Affairs Medical Center and E Wing, Saturday, Feb. 25, from 7:30 to 11:30 a.m.
This listing of areas may not be all inclusive, and the outage may require more time, depending upon field conditions. The outage is required to support a substation renovation project.

Social media can be powerful prevention tool

SEAN KIMMONS
Army News Service

WASHINGTON — As an Army officer in Iraq, Daniel Feehan relied on his driver to keep him safe while they traveled on dangerous missions.

But once they were back on home soil, Feehan said he failed to do the same for his driver, Spc. Sergio Betts, when Betts made a call for help.

After redeploying, Feehan recalled they had parted ways but kept in touch on Facebook, which is how he learned that Betts had returned to Iraq again before eventually getting out of the Army. Once out, Betts’ social media presence took on a bleaker tone.

“I watched a deep and profound sadness come over him,” said Feehan, now the principal deputy assistant secretary of defense for readiness.

Then, one night in September 2013, Feehan checked his Facebook and came across an ominous post by Betts, simply stating “Lost.”

Unaware of the meaning behind the post, Feehan chose to go to bed rather than reach out to Betts. Later, he discovered that Betts, the Soldier who had once kept a watchful eye on him in Iraq, had fatally shot himself.

“We must be prepared ... to intervene before that last post,” said Feehan, who now helps direct U.S. military suicide prevention policies. He spoke at a Pentagon symposium on suicide prevention and social media, recently.

“Call the person, message them back, offer them a helping hand. Just ask if they’re OK,” he added, choking up.



Photo by Sgt. Jose A. Torres Jr., Defense Media Activity-Army

Former Secretary of the Army Eric Fanning speaks during the Symposium on Suicide Prevention and Social Media in the Pentagon, Jan. 18.

As his last public appearance as secretary of the Army, Eric Fanning hosted the symposium, addressing leaders of suicide prevention groups, researchers and social media experts from Facebook, LinkedIn, Google and Apple. In his remarks, he expressed hope the Army could reduce suicide rates with their help.

In the coming weeks, participants in the symposium are expected to offer recommendations to Army senior leaders on how they can use social media to stem suicidal thoughts and acts among Soldiers.

“It shouldn’t surprise any of us that those who experience the crucible of combat or those who spend multiple tours away from home are affected by it,”

Fanning told the group. “The strains for a Soldier in combat are difficult to comprehend. They’re difficult for Soldiers themselves to explain and communicate.”

In recognition of the heightened risk Soldiers face, the Army has embedded more than 60 behavioral health teams at the brigade level, making care more accessible to Soldiers at their workplace.

As a result, behavioral health visits across the Army have grown from about 900 in fiscal year 2007 to more than 2 million in fiscal 2016. There were also 67,000 fewer inpatient bed days for behavioral health conditions last fiscal year compared to fiscal 2012, according to Lt. Gen. Nadja West, the Army’s surgeon general.

“I think the message is getting out, and

we’re improving,” West said at the symposium. “The incremental change we’re seeing ... really is showing that we’re on the right track.”

In fiscal 2015, nearly 280 Soldiers in the Army took their own lives. In the first three quarters of fiscal 2016, there were just over 200 suicides across the Army, according to the most recent Defense Suicide Prevention Office data.

Fanning noted that more work is needed to reduce these numbers further and that measures that have been shown to be effective during the Obama administration.

“This is not a partisan issue,” the former secretary said. “It’s not even exclusive to our military. No matter our profession or background, each of us has known someone in our community or family who needed help, but for some reason, didn’t get it in time.”

Noting the widespread use of social media among Soldiers, Fanning charged those in the audience to help develop ways to harness its power. Peer-reviewed research has shown certain behaviors and patterns on social media can reveal a person is in distress.

“We have to find ways social media can be a tool in (suicide) prevention,” he said.

For instance, a person who searches certain words on Google that indicate a desire to cause harm will automatically be shown ads offering help.

(See entire article at www.hawaiiarmyweekly.com/2017/01/25/social-media-can-be-powerful-suicide-prevention-tool/.)

Gate: DES has adjustments

CONTINUED FROM A-1

Honolulu, said Brush.

“We found McNair to be an area that we could improve in the mornings, thereby reducing the number of vehicles backing up on Wilikina Drive (State Route 99),” he added. “This location also appears to have the least impact to those departing the installation.”

The change comes after U.S. Army Garrison-Hawaii conducted a three-week traffic study in April and May 2016, with inbound and outbound lanes intact, that found it took an average of 1 minute and 28 seconds to make a right turn from Wilikina Drive into McNair Gate, and an average of 3 minutes and 52 seconds to make a left turn into the gate from Wilikina Drive.

A second study, conducted in September 2016, with no outbound lane, found that it took an average of 42 seconds to make a right turn from Wilikina Drive into McNair Gate, and an average of 2 minutes and 13 seconds

to make a left turn into the gate from Wilikina Drive. This was a decrease in waiting time of 46 seconds or 52 percent for right turns and 73 seconds or 26 percent for left turns, according to the study.

McNair Gate is a convenient access point to Schofield Barracks because it is near the Post Exchange and Commissary. It is also near the staging area for Soldiers participating in morning physical training sessions.

Right —Starting Jan. 30, McNair Gate will become a double-lane entrance between 5-6:30 a.m., Monday-Friday.



Hui Thrift Shop benefits community

Spouses club set to raise over \$100,000 for grants

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — When 2nd Lt. Mariah Caid-Loos of the 84th Engineer Battalion came to the Hui ‘O Na Wahine Thrift Shop, Jan. 20, she was looking for affordable furniture for her new home. She’d previously found a desk and chair for \$33; that day she left with more chairs.

“It’s a great way to furnish your home without spending a lot of money,” she said. “(The thrift store) has really good prices.”

Military spouse Jenna Goodspeed said she visits the thrift store weekly to hunt down deals, such as the \$8 push car she found for her son.

“Usually (push cars) go for \$40,” she said.

By shopping at the thrift store, not only are Caid-Loos and Goodspeed getting deals on everyday items, they’re also supporting Hui ‘O Na Wahine military spouses club’s scholarships and welfare grants, which benefit individuals and organizations in Hawaii’s military community. All profits from the thrift store are reinvested into the community through these grants.

Supporting the community

One of the organizations to benefit from the Hui’s welfare grant is the Fisher House Foundation, which runs two houses at Tripler Army Medical Center. The houses provide a place for families of service members to stay free of charge while their loved ones undergo medical treatment.

“The grant money is used to continue the high level environment we provide for our families; (it) helps us provide ... food, paper products, personal hygiene items and maintain the furniture and comfort items in the home,” said Anita Clingerman, manager of the Fisher Houses. “With the support of the Hui, we have been able to continue the support of the families we serve (and) also connect our military community to truly be a part of the Fisher House.”

This year, to celebrate its 85th anniversary, the Hui set out to raise \$85,000 between June 2016 and May 2017 for its scholarships and welfare grants, said Britt Flather, the Hui’s president. However, it’s already exceeded that goal and is on track to reach \$115,000 by May.

By comparison, last year, the Hui raised about \$50,000 during its fundraising period between June 2015 and May 2016, she added.

There is no strict limit to the number of scholarship and grant awardees, but in accordance with the Hui’s bylaws, a certain percentage of funds are earmarked for individuals and organizations on Schofield Barracks, and then for those in the wider military community in Hawaii, and finally for national organizations that support military families.

“What I really love about this year is we added a true grit portion to scholarship (application),” Flather said. “You don’t have to get a 4.0. to get our scholarship. A lot of (our applicants) may have had both parents deployed; they may have had to work part-time and help take care of younger siblings.

“They may have faced hardships that prevented them from getting a 4.0; that’s why we added that true grit area to strengthen their application,” she added. “We want to hear about what they’ve overcome and what they plan to do with their scholarship. And volunteering is very important to us, so we want them to show us what they’ve been doing to strengthen their ties to the community here in Hawaii.”

While the thrift store is a major source of fundraising for the Hui, it also hosts social functions, such as the Fifth Annual Spouse’s Mock Dining In at the

Leilehua Golf Course in March. This dinner and open house doubles as a benefit that allows current members to invite potential members to join. Attendees buy “opportunity tickets” for a chance to win prizes and the proceeds are donated to the scholarship and grant funds.

Hui history and future

The Hui began in 1931 as an officers’ wives club that focused primarily on social functions. It has evolved over the years to include spouses of all ranks in all branches of the military, and its emphasis is now on community outreach and volunteering.

“Military life, in general, can be very hard on the family,” Flather said. “I joined the Hui because when I got here I did not know a single person. My husband and I were newlyweds. I was new to the Army lifestyle and being a spouse. Getting to meet people and learn from them was such a relief. It helps you establish ties in the community.”

She also encouraged more men to join the club.

“We have had male spouses on the board before, but unfortunately, none this year. But we are more than open to it. We are friendly and open to all genders and sexes. It doesn’t matter what your gender is, what your sexual orientation is. If you are married to a service member, you are more than welcome.



The board of the Hui ‘O Na Wahine spouses club held its December meeting at the home of Maj. Gen. Christopher Cavoli on Schofield Barracks.

“We are looking forward to having males join because there are so many female active duty service members with husbands in college, and if they joined they would be eligible for our scholarships,” she added.

Photo by Kristen Wong, Oahu Publications
Right — Tina Turpin, a volunteer and board member of the Hui ‘O Na Wahine Thrift Shop, organizes hangers in the thrift store’s back room, Jan. 20.



Photo by Kristen Wong, Oahu Publications
Danielle Pitaniello, right, a staff member, rings up military spouse Jenna Goodspeed at the Hui ‘O Na Wahine Thrift Shop, Jan. 20. Goodspeed comes at least once a week to find items.



Photo by Kristen Wong, Oahu Publications
The Hui ‘O Na Wahine Thrift Shop, located at Schofield Barracks, has a selection of various household goods, including dishware, children’s items and clothes.



More Online
For more information, email welfarehuionawahine@gmail.com.

Hui ‘O Na Wahine Thrift Shop
2107 Ulrich Way
Schofield Barracks
624-3254

Donations
Donations of household items are accepted at the back of the thrift store. Items can be given to store workers, dropped through the slot alongside the building, or placed in the white bin outside the building. The store does not accept potentially dangerous and flammable items, such as weapons or propane tanks. It does not accept strollers, helmets or car seats because they may no longer be safe for use due to their condition. Also, do not donate undergarments and/or socks.

You do not have to be a service member to shop at the store. Anyone who is able to get on post may shop there.

Store specials change daily. Follow the Hui ‘O Na Wahine Thrift Shop at www.facebook.com/HuiOnaWahineThriftShop.



Photo by Kristen Wong, Oahu Publications
Left — Spc. Shaun Garcia, a civil affairs specialist with the 1st Battalion, 487th Field Artillery Regiment, browses through golf clubs at the Hui ‘O Na Wahine Thrift Shop, Jan. 20.



Scholarship or Welfare Grant Application

To qualify for a Hui ‘O Na Wahine scholarship, you must be a member of the Hui or an adult relative of a Hui member in good standing as of December 2016.

You must be graduating from high school or pursuing higher education at an accredited college or trade school during the Fall 2017-2018 academic year.

Students pursuing a master’s degree or higher are eligible for the scholarships, as are students with special needs.

Those who have already been awarded two Hui scholarships in the past and/or who have already accepted full-ride scholarships (military academy appointments, ROTC, athletic scholarships, etc.) are not eligible.

To qualify for a Hui ‘O Na Wahine welfare grant, your organization must be a nonprofit that benefits Hawaii and its military community.

In the past, welfare grants have been awarded to the Boy Scouts of America, the Girl Scouts of Hawaii, the YMCA, women’s shelters and the Fisher House at Tripler Army Medical Center.

Deadline

The deadline to apply is Feb. 10. You may download an application at www.schofieldspousesclub.com or pick up an application at the Hui ‘O Na Wahine Thrift Shop on Schofield Barracks.

Your application should be mailed to Hui ‘O Na Wahine, Attn: Welfare Chair, P.O. Box 861305, Wahiawa, HI, 96786.



Briefs

27 / Friday

Lei Making — Learn to make a beautiful lei every Friday for \$15 at SB Arts & Crafts Center from 1-2 p.m. Call 655-4202.

Paint and Sip at Tropics — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

Framing Classes — Learn how to frame your artwork and mementos at SB Arts & Crafts Center from 12:30-3:30 p.m. Classes are limited; \$75 per person. Call 655-6330.

28 / Saturday

Dungeons & Dragons Meet-up at Tropics — Enjoy this open-ended role-playing game held every Saturday at 6 p.m. Call 655-5698.

29 / Sunday

Quilting and Sewing — Every Tuesday, 5-8 p.m., and Sunday, 11 a.m. - 3 p.m., attend quilting and sewing for \$25 (first class) or \$6 (each additional class) at the SB Arts & Crafts Center, Bldg. 572. Ages 17 and up recommended; for younger patrons, call 655-4202.

30 / Monday

Mongolian BBQ — Choose your own vegetables and meats for a delicious stir-fry. Get barbecue on Mondays at SB Kolekole Bar & Grill, 1249 Kolekole Ave., from 5-8 p.m. Call 655-4466.

Ice Cream Sundae — Build your own ice cream sundae as part of our lunch buffet for \$14.95 every Monday at FS Hale Ikena from 11 a.m.-2 p.m. Call 438-1974.

31 / Tuesday

FS Taco Tuesday — Every Tuesday at FS Hale Ikena from 11 a.m.-2 p.m., enjoy a fresh salsa bar, fajitas and tacos for \$14.95. Call 438-1974.

SB Taco Tuesday — Every Tuesday come to the SB Kolekole Bar & Grill, 5-8 p.m. Enjoy three tacos, rice and beans for only \$4.99 per person. Call 655-4466.

February

1 / Wednesday

Hale Ikena — February’s featured

AT LEILEHUA GOLF COURSE



Photo courtesy of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS — The next Command Scramble begins with a noon shotgun start at Leilehua Golf Course, Feb. 3. Cost is \$50 with green fee, cart fee, free driving range balls, door prizes, flight prizes, pupus and two mulligans.

salad is the Paniolo, or enjoy fresh ingredients off FS Hale Ikena’s salad bar to build your very own salad, weekdays, from 11 a.m.-2 p.m. Just follow along with the monthly recipe card and enjoy. Call 438-1974.

Youth Sports and Fitness Track and Field — Registration opens to youth born on/or between the years 1999-2010; no exceptions. Call 655-6465 or 836-1923.

Make a Heart Crafting — Get ready for Valentine’s Day at FS Library at 3:30 p.m. Call 438-9521.

VMIS Management — Every 1st Wednesday at SB ACS from 10-11:30 a.m. for individuals who have been appointed VMIS organization point of contact for their organization. OPOCs will learn about regulations surrounding Army volunteers as well as how to use VMIS to post volunteer positions, accept volunteer applications, manage organization volunteers and certify volunteer hours. Call 655-4227.

Play Mornings at ACS — Meet other moms and dads, share information and parenting tips and give your infant/

toddler a chance to interact with other children at SB ACS from 10-11 a.m. Call 655-4227.

Ceramic Heart Shaped Boxes — Paint and glaze your own heart-shaped box at SB Arts & Crafts Center now through Feb 8 during normal business hours. A 5x5 inch is \$12, a 6.5x6 inch is \$18, or an 8x8.5 inch is \$25. Call 655-4202.

2 / Thursday

Money Management — Held at SB ACS from 10-11:30 a.m. Focuses on the core concepts of personal finances. Learn how budgeting, credit and investing fit into your overall financial plan and take away the “Steps to Financial Success.”

Scream Free Parenting — Four-week program held at SB ACS from noon-1:30 p.m. Parents of children ages 5-15 train to examine their parenting practices and identify ways to strengthen their parenting skills and create healthy relationships. Call 655-4227.

4 / Saturday

Hands-Only Citizen’s CPR — These

sessions are free for children and teens at SB Sgt. Yano Library from 11 a.m.-3 p.m. and are approximately 40 minutes long. Note, all classes taught by certified instructors. Call 655-1128.

BOSS Life Skills Event — Lifeguard certification four-week course begins. Call 655-1130.

5 / Sunday

The Big Game — Watch the Super Bowl at SB Tropics Recreation starting at 11 a.m. on 90 inch surround sound TVs. Enjoy games and an all-you-can-eat buffet for only \$18. Facility is for patrons 18 years and older. Call 655-5698.

6 / Monday

Employment Orientation — New to the island and looking for employment? This class at the SB ACS from 10-11:30 a.m. will orientate you to employment opportunities on Oahu. Learn about the Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment. Also offered is information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education. Call 655-4227 to register.

Million Dollar Soldier Refresher — This training provides Soldiers with valuable financial tools at SB ACS from 8:30-11:30 a.m. and 1-4 p.m. Topics include saving, credit, investing and big purchases. Call 655-4227 to register.

7 / Tuesday

Coloring for Adults — At SB Arts & Crafts Center, 6:15-7:30 p.m. Coloring sheets and colored pencils are provided, as well as tea and cookies. Call 655-8002.

Volunteer Management Information System (VMIS) 101 — Learn how to use VMIS to get involved in your military community and keep track of your service record. This class is held at SB ACS from 1:30-2 p.m. and will help volunteers learn how to register for a VMIS account, search for volunteer positions and track their service hours. Call 655-4227.

Anger & Conflict Solutions — Prevention program for individuals to learn the basics of anger awareness from noon-1 p.m. at SB ACS. The class will help participants identify their own personal anger cues and ways to de-escalate conflict situations.

8 / Wednesday

Teen Manga Club — Discuss popular manga titles and anime titles, 3:30 p.m. at Sgt. Yano Library. This month’s theme will be “Accessories for Cosplay.” Call 655-8002.

Play Mornings at ACS — Meet other moms and dads, share information and parenting tips, and give your infant/toddler a chance to interact with other

See MWR BRIEFS B-3

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

27 / Friday

Home Building and Remodeling Show — Weekend expo begins 5 p.m., Friday, at the Blaisdell Exhibition Hall and ends Sunday at 3:30 p.m. Designed to be a one-stop shop for anyone looking to build a new home or remodel an existing home. Presented by the Building Industry Association of Hawaii with an admission of \$7.

Hawaii Opera Theatre — HOT’s season continues with the Andre Previn opera adaptation of “Streetcar Named Desire,” 8 p.m., Friday, as well as 4 p.m., Sunday (29th), and 7 p.m., Tuesday (31st), at the Blaisdell Concert Hall. Tickets available at the box office as well as ticketmaster.com.

28 / Saturday

Foote Gate Closure — Schofield Barracks Foote Gate will be closed all day Saturday due to construction. As a result, Macomb Gate will be open during the 5 a.m.-9 p.m. time frame, or use Lyman Gate, open 24 hours.

Hiking — The Kolekole Walking-Hiking Trail on Schofield Barracks is open this weekend, Saturday and Sunday, from 5:30 a.m. to 6:30 p.m.

Battleship Missouri — The public is invited to “Living History Day” aboard the USS Missouri, 9 a.m.-3 p.m. The battleship’s 1944 launch and its 18th year as a living education maritime monument in Hawaii will be commemorated. For a full listing of activities and events, visit https://ussmissouri.org.

Pilot Job Fair — The Future and Active Pilot Advisors are holding a job fair, 8 a.m.-noon, at the Ala Moana Hotel, followed by a future pilot forum. Visit FAPA. aero/Jobs or FAPA. aero/FuturePilot.

X-1 #45 Live — A night of mixed martial arts competition at the Blaisdell Arena, 5-9 p.m. Tickets are \$35-\$100. Tickets sold at the Blaisdell Box office and ticketmaster.com.

February

1 / Wednesday

Wounded Warrior Ohana Family Day — Registration

deadline for Feb. 15 beach event at Hale Koa is Feb. 1 for this event for wounded warriors and family members. Picnic will be provided by the Hale Koa Hotel.

To confirm or for more information, contact dickrankin@wwohana.org.

4 / Saturday

Pacific Aviation Museum — Decorated World War II Tuskegee Airman Col. Charles McGee speaks at PAM’s “World War II Tuskegee Airmen Hangar Talk” presentation, 10-11 a.m., in the theater. Call 441-1007. Discounted tickets are available online at www.PacificAviationMuseum.org.

HHSA Girls State Basketball Finals — Consolation games begin at 11 a.m. and lead to the division finals in the evening at Blaisdell Arena.

10 / Friday

Hui ‘O Na Wahine — The Hui is celebrating its 85th year. The 2016-2017 Hui ‘O Na Wahine Spouses Club scholarship application is now active. Scholarship and membership applications are available at www.schofieldspousesclub.com.

The deadline for application and all reference letters is Feb. 10. For more details or questions, email Huipresident@

gmail.com or huischolarshipchair@gmail.com.

11 / Saturday

Ukulele Picnic in Hawaii — The 9th annual event strings together two days of exciting events in celebration of Hawaii’s most beloved instrument. The festivities begin at the Royal Hawaiian Center on Saturday, Feb. 11, with the International Ukulele Contest and Hula Show, and will end on a high note on Sunday, Feb. 12, at Kakaako Makai Gateway Park. All events and entertainment are free and open to the public. Visit www.ukulelepicnicinhawaii.org/en/.

14 / Tuesday

Michael Bolton in Concert — Grammy award-winning recording artist performs on Valentine’s Day, 7 p.m., at the Blaisdell Arena. Tickets on sale at Ticketmaster outlets.

16 / Thursday Resiliency Training for Parents — R2 Training Center staff present a two-day program, 9 a.m.-1 p.m., to help parents increase optimistic thinking, maximize family resilience and enhance relationships while learning communication and mental skills. For more information or signup, call 655-9804.

This Week at the MOVIES Sgt. Smith Theater

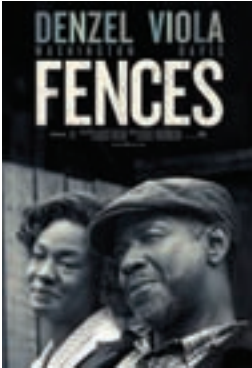
Why Him? (R)

Friday Jan. 27, 7 p.m.



Passengers (PG-13)

Saturday Jan. 28, 4 p.m.



Fences (PG-13)

Saturday Jan. 28, 7 p.m.

Rogue One (PG)

Sunday Jan. 29, 5 p.m.

Closed Monday through Thursday.

Calendar abbreviations
8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FCC: Family Child Care

FMWR: Family and Morale, Welfare and Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

DoD opens online Exchange shopping to veterans

DOD NEWS
Defense Media Activity

WASHINGTON — The Defense Department has announced that veterans will soon be able to shop online at the military Exchange.

The policy change will extend limited online military exchange shopping privileges to all honorably discharged veterans of the military, DoD officials said in a news release.

The shopping benefit will be effective this Veterans Day, Nov. 11, 2017.

Benefits

While shopping privileges exclude the purchase of uniforms, alcohol and tobacco products, it includes the Exchange Services’ dynamic online retail environment known so well to service members and their families, the release said. The change follows careful analysis, coordination and strong public support, officials said in the release.

“We are excited to provide these benefits to honorably discharged veterans to recognize their service and welcome them home to their military family,” said Peter Levine, performing the duties for the undersecretary of defense for personnel and readiness.

“In addition, this initiative represents a low-risk, low-cost opportunity to help fund morale, welfare and recreation programs in support of service members’ and their families’ quality of life. And it’s just the right thing to do,” Levine added.

Building online

The online benefit will also strengthen the exchanges’ online businesses to better serve current patrons. Inclusion of honorably discharged veterans would conservatively double the exchanges’ online presence, according to DoD officials, thereby improving the experience for all patrons through improved vendor terms, more



Courtesy photo

Honorably discharged veterans will be able to shop at the military exchange online by November.

competitive merchandise assortments and improved efficiencies.

“As a nation, we are grateful for the contributions of our service members,”

Levine said. “Offering this lifetime online benefit is one small, tangible way the nation can say, ‘Thank you’ to those who served with honor.”

Hawaii celebrates school choice with statewide events

Aloha state shares role in education activities

NATIONAL SCHOOL CHOICE WEEK
News Release

HONOLULU — National School Choice Week is underway in Hawaii and across the country.

There are 79 events planned in the Aloha State to raise awareness about K-12 school choice, and 21,392 events nationwide.

The events in Hawaii, which are independently planned and independently funded, include everything from information sessions and open houses at schools to rallies, policy discussions and movie screenings organized by community groups.

Highlighted events included a large celebration of school choice, Tuesday (Jan. 24), at the Hawai’i State Capitol.

The city of Maui has issued an official proclamation recognizing Jan. 22-28 as “School Choice Week.”

Exercising “choices”

National School Choice Week provides families in Hawaii with the opportunity to research and evaluate the K-12 school choices available for their children in advance of the 2017-2018 school year. The week also raises awareness of the importance of providing every child with effective education options.

“National School Choice Week is an opportunity to celebrate the education options available to Hawaii families, while shining a bright spotlight on the

importance of providing even greater options for children,” said Andrew Campanella, president of National School Choice Week.

With the goal of raising public awareness of effective education options for children, National School Choice Week will be the largest celebration of education options in U.S. history.

Hawaii options

According to National School Choice Week’s organizers, families in Hawaii can use the week to look for K-12 schools for the 2017-2018 school year. Parents in the Aloha State can choose from the following education options for their children: traditional public schools, public charter schools, magnet schools, online academies, private schools and

homeschooling.

In some parts of the state, open enrollment policies allow parents to select the best traditional public school regardless of where the school is located.

About NSCW

National School Choice Week is an independent public awareness effort spotlighting effective education options for children, including traditional public schools, public charter schools, magnet schools, private schools, online learning and homeschooling. The Week runs from Jan. 22-28.

For more information, visit www.schoolchoiceweek.com.

Does one respond when ‘base housing people’ get a bad rap?

I was emerging from the base gym’s steam room, sweating and feeling a bit woozy, when I heard her.

“We don’t do base housing,” a young female officer who was putting on her blueberry (Navy) fatigues told a friend in the women’s locker room.

She mentioned that she had received orders to her next duty at Naval Station Mayport, and that she and her husband were looking for a rental in St. Johns, Florida, where the houses are nicer.

“We’re searching early, so we don’t get stuck living on base,” she explained. “We’re not base housing people.”

I was steamed. Pun intended.

Little did she know, I lived up the street from the base gym – although one would never suspect it based on how few appearances I’d made there – in a small cluster of old duplex houses on Naval Station Newport, Rhode Island. Before that, we’d lived in the very Mayport base housing the young officer was trying to avoid.

Before that, we’d lived in an apartment on Patch Barracks in Stuttgart, Germany. Those years, plus a two-year stint in old Army base housing on Fort Ord in Monterey, California, in the 90s, meant that we’d spent almost half of our 23-year marriage living in base quarters.

Apparently, we’re those “base housing people.”

Holding one’s tongue

When I heard the young officer say she had orders to Naval Station Mayport, my instinct was to pipe up, “We were stationed there!” as many military folks do, and then I’d tell her all about the beach,



the base gym, the good fried chicken at the mess hall and the local shrimp place. But, sensing the negative connotation she attached to “base housing people,” I stayed silent.

However, I couldn’t help but pity her, because she didn’t know what she was missing.

In Monterey, we’d walk Ardenes Circle, the huge curved road winding through our base housing community, pushing our first baby in a stroller and chatting with neighbors along the way. On many an evening, a stop at a neighbor’s house to chat turned into an impromptu party, with babies sleeping in portable cribs and car seats while we laughed into the wee hours. We still have those friends today.

When we moved to Joint Intelligence Operations Center Europe Analytic Center (JAC) Molesworth in rural England, we wanted to “experience English culture.” We lived in an old village house with creaky floorboards and a World War I bomb shelter in the basement. It was a terrific immersion into rural English village life, but we spent many weekends at our friends’ base houses, seeking camaraderie.

Years later, we were deciding whether to live in a bland communist-era stairwell apartment on Patch Barracks in Stuttgart, or brave the risky, but rewarding German rental market. In the end,



Photo by Mark Brown, Island Palm Communities

SCHOFIELD BARRACKS — Staff noncommissioned officer homes in the Kalakaua Community are examples of new base housing options for Soldiers and families.

we chose base housing, because we felt it would ease the transition for our three children.

Family choices

Surely, if we’d lived off base, we’d have spoken more German and learned more about the local culture, but we’ve found that base communities have a culture all their own. Safe and secure within the fences of Patch Barracks, kids ran everywhere and spouses chatted on shared patios.

We went off base and traveled often, seeking the enrichment of European culture. But we were also enriched by the close-knit experience of on-base life, with it’s unparalleled camaraderie and Mayberry-esque small-town feel. Again, we made friends for life.

At Mayport, we knew we wanted to live in the base housing community.

Not only was the housing in sight of the beautiful sandy Atlantic coastline, it was the kind of tight-knit military community we’d learned to value. By the end of our two years there, we’d had countless nights around fire pits and afternoons at the beach with neighbors, and our kids always had someone to hang out with on the street. As always, we made friends for life.

As I walked back to my base house from the gym – my cheeks still flush and damp from the steam room, I hoped that the young officer would, someday, experience base housing culture. Because, overcoming the challenges of military life takes the sweat of one’s brow, but finding lifelong friendships on base is actually no sweat at all.

(For more of Molinari’s insights on military and family life, visit www.themeatandpotatoesoflife.com.)

CONTINUED FROM B-2

children at SB ACS from 10-11 a.m. Call 655-4227.

EFMP Valentine’s Craft Day — Join SB EFMP from 2-4 p.m. for a fun Valentine’s Day craft. Call 655-4227.

BOSS Event — Visit the Honolulu Zoo; call for details, 655-1130.

9 / Thursday

Block Party at the Studio — We’re having a block party at SB Library for children 1½-5 years old, 11:30 a.m. to 12:30 p.m., and for school-aged children from 3-4 p.m. Children will have the opportunity to use their imagination to create with Lego and wooden blocks. Limited to 15 children. Preregistration required. Call 655-8002.

FRG Funds Custodian Training — Held at Nehelani Conference & Banquet Center from 10:30 a.m.-12:30 p.m. for FRG leaders, funds custodians and

command representatives to gain a clear understanding of the various funds available and the types of purchases that can be made with each fund. It also clearly defines the roles and responsibilities of the funds custodian and alternate. Call 655-4227.

Basics of Budgeting — Learn to develop a budget, track expenses and create a system to save and pay your bills on time in this course held at SB ACS from 10-11:30 a.m. Bring a copy of your Leave and Earnings Statement (LES) and a list of bills. Visit <https://mypay.dfas.mil>.

10 / Friday

Paint and Sip at Tropics — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required, 655-5698.

Steak House Day — Enjoy a fresh grilled NY steak and potato bar at FS Hale Ikena, 11 a.m-2 p.m., for \$14.95. Call 438-1974.

Family Child Care New Applicant Brief — Interested in running your own child care business? Come to the new applicant brief from 9-11 a.m. at the SB FCC Office, 730 Leilehua Ave. Bldg. 645. Call 655-8373.

SAT Deadline — Register now at collegeboard.org for the March 11 test.

Resume Workshop — Learn how to create a resume for the first time or update your resume for the private sector from 10 a.m-2 p.m. at SB ACS. Choose the best format to demonstrate your experience and skills. Target your resume to the job you are seeking and effectively summarize your accomplishments. To register, call 655-4227.

Parenting 101 — Take your parenting to the next level. Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from noon-1 p.m. Call 655-4227 to register.

11 / Saturday

Adventure Biking — Bike down Pearl

City Path with SB Outdoor Recreation Center starting at 8:30 a.m. for \$30/person. Transportation (up to 12 people), guide and equipment (adult bikes) provided. Bring some water and snacks. This is a beginner program. Participants must be able to ride a bike. Call 655-0143.

Parents’ Night Out — Held at AMR CDC and SAC, Bowen CDC and SB SAC, from 6-11 p.m. Reservations are accepted on a first-come, first-served basis at Parent Central Services; \$20 for the first child, \$17 for each additional child. All children must be registered with CYS. Call 655-5314 or 833-5393.

Nagorski Golf Course Sweetheart Special — Enjoy half price cart rental and green fees with a purchase of one full cart rental and greens fee through Feb. 14 at FS Nagorski Golf course. Call 438-9587.

13 / Monday

Stress Solutions — Identify the causes of stress as well as how it affects our lives, noon-1 p.m. Call SB ACS, 655-4227.

Wellness assessment reveals sleep problems

CLIFFORD KYLE JONES
Army News Service

FORT BLISS, Texas — When representatives from the Executive Wellness Center assessed Class 67 at the U.S. Army Sergeants Major Academy, recently, they found themselves doling out the same advice to many of the sergeants major to be: Get more sleep.

Lt. Col. Cyndi McLean was one of three medical professionals who reviewed students' responses to a questionnaire about healthy habits related to the three elements of the Performance Triad: activity, nutrition and sleep. McLean, who is a physical therapist, said one problem area came up over and over again.

"I would love to say that it was activity," she said, "but many of the students' biggest shortcoming was sleep."

Sleep hygiene

Many of the students, she said, didn't have a real understanding of optimal sleep or healthy sleep hygiene.

"It's something that is very fixable," she said. "I think that we all sometimes jump to more of a clinical or medical diagnosis: 'I have sleep apnea.' Well, maybe there's some room for improvement there and some things that we can do to help you in that category and not just give it a test, give it a label, give it a diagnosis. We really want to help you through that process to truly optimize your sleep."

At the beginning of their school year, the more than 600 students of Class 67 took part in the first assessments of the office's new Executive Wellness Program. The program is intended to bring the Performance Triad and resilience



Photo by Clifford Kyle Jones, *NCO Journal*

Lt. Col. Devvon Bradley, a licensed clinical social worker, left, speaks with a student in the U.S. Army Sergeants Major Academy's Class 67 during an assessment for the Executive Wellness Program.

training together to help the senior non-commissioned officers become better Soldiers and leaders.

McLean said that not getting enough sleep can be the root of many other performance problems. If Soldiers sleep better, she said, they start to see benefits in other areas, such as improved eating and activity levels and reduced anxiety.

Lt. Col. Devvon Bradley, a licensed clinical social worker who also took part in the assessments, agreed that sleep is the lynchpin for performance.

"It's interesting because, in here, every time I see a sleep problem up front, it leads to the nutrition issues and then the activity at the end," Bradley said. "There are pain issues and there are also dietary issues, almost like a direct correlate. If there are no sleep issues up front, it's less likely that there are nutrition problems and less likely that there are physical problems, pain issues, at the end."

In Bradley's way of thinking, there is no denying the interdependence of sleep, activity and nutrition.

"It's a triad, and each one contributes to the other," he said. "If you can help one, you can help the others. It looks like sleep is in the lead, in terms of if you fix it first, you have a better chance of fixing the other stuff."

McLean noted that sleep deprivation can also make it hard to resolve a range of health problems.

"If I see that you have a pain issue, but you're not willing to address your sleep habits, I'm not going to be able to get you as good as I possibly could," she said. "Your prognosis is going to be on the lesser side. Once those people open up (about sleep), it's amazing how much of their chronic pain, their aches, their issues like that get better as well."

As McLean, Bradley and registered dietitian Capt. Michelle Stone reviewed Class 67's questionnaires, the future sergeants major were categorized as green, amber or red in each of the three Performance Triad areas.

"What I'm seeing on people's faces is the light bulb going on," Bradley said.

Many of the NCOs didn't realize they were red in the sleep category, he said, and now they not only know they have a problem, but also know where to get help.

Sgt. 1st Class Darin E. Elkins, the NCO in charge of the Executive Wellness Center, coordinated and led the assessments, and he saw the same light bulbs turn on.

"Once you identify an area where you're not doing well, you think, 'Oh, I didn't realize that. Oh, I didn't realize that taking in two or three cups of coffee or energy drinks at 6 p.m. is impacting my sleep, which is impacting my cognitive abilities, which is impacting my output,'" Elkins said. "Once we've identified it for them and say here's a way to better optimize these things that they're doing, then they can start making the changes. If you always do what you've always done, you get the same outcomes."

The assessments were just the beginning of the program. Throughout the school year, the students of Class 67 will receive more training on the Performance Triad and resilience, and Bradley expects their personal realizations and training will pay dividends well beyond these particular NCOs.

"They're leaders in the Army," Bradley said, "so when they go back out to their units, they will push the same message of science and wellness."

IMPACT Chapel hosts beachfront service

500TH MILITARY INTELLIGENCE BRIGADE
Public Affairs

HALEIWA — The congregation of the Helemano Military Reservation Chapel gathered for a beachfront service at Haleiwa Ali'i Beach Park, here, Jan. 15.

The chapel, otherwise known as the IMPACT Chapel, is led by senior pastor Chaplain (Capt.) Brian Hargis.

"IMPACT Chapel is the new name for the Protestant congregation that meets each Sunday at the Helemano Military Reservation Chapel," said Hargis, the Army chaplain, with 2nd Squadron, 14th Cavalry Regiment, 2nd Infantry Brigade Combat Team, 25th Inf. Division. "Our vision is a growing, enthusiastic, family-oriented congregation that worships, fellowships and serves together to develop a Christ-centered community in a nontraditional way."

Part of the nontraditional plan includes holding services at the beach.

"Church without walls"

"Once a month, IMPACT Chapel of HMR becomes a 'church without walls' that gathers at Haleiwa Ali'i Beach Park," explained Hargis. "Our desire is to create a community of believers united together to worship the Lord outside of traditional norms, such as a building with constraints and limitations."

Coming together outside is what brought some to the service.

"It was nice to be able to feel the sun and hear the waves crashing on the beach



Photo courtesy of 500th Military Intelligence Brigade Public Affairs

Chaplain (Capt.) Brian Hargis, 2-14th Cav. Regt., 2IBCT, leads the congregation of the IMPACT Chapel in a beachfront service, Jan. 15, at Haleiwa Ali'i Beach Park. IMPACT Chapel is the new name of the Protestant congregation.

during the service," said Amanda Collins, native of Elkin, North Carolina. "It was incredibly relaxing to have the service and take communion outside."

In addition to being outside, the service included food and baptisms.

"We offer food, fun and fellowship in relaxed conditions for the purpose of connecting deeper with God and others," said Hargis. "Furthermore, an outside service at the beach affords opportunities for baptisms on the beautiful North Shore. It is a time for us to break away

from the religious norm, like Jesus often did, and to be refreshed in a positive way."

New and refreshing doesn't often describe religious activities.

"I like how the chapel doesn't feel like church," said Collins. "It is a place that my family and I can go to worship and get more than just traditional hymnals and outdated preaching."

The senior pastor continued to expand on the nontraditional goals of the IMPACT Chapel.

"One of our main goals as part of IMPACT's mission is to dive deeper into Scripture with a style of worship and preaching that brings the Scripture to life and connects with people where they are, right here, right now," said Hargis. "This style of connection is contagious within HMR as we have experienced an influx of new Soldiers and family members who desire something more than traditional religion."

Some of the ways that the pastoral team of the chapel is reaching out to the community is through the beachfront services and new programs like a revival in the spring with the Deputy of Chaplains and an IMPACT Youth Night where the youth of the congregations watch movies and play games.

More Online

For more information about IMPACT Chapel, visit the chapel's Facebook page: <https://www.facebook.com/IMPACTforGOD/>.



Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil.

Click on "Religious Support Office" under the "Directorates and Support Staff" menu.

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers' Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Last Wednesday, 6 p.m. at MPC

Catholic Mass

- Monday, Tuesday, Thursday and Friday, 11:45 a.m. at Soldiers' Chapel
- Tuesday, 7 p.m. at AMR
- Wednesday 11:45 and 5 p.m. at MPC
- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at WAAF
- Sunday

services:

- 8:30 a.m. at AMR
- 10:30 a.m. at MPC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR Jewish Shabbat (Sabbath)
- Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship

- Sunday Services -9 a.m. at MPC -9 a.m. at FD -10 a.m. at HMR and WAAF -10:30 a.m. at AMR -11 a.m. at WAAF (Contemporary)

Liturgical (Lutheran/Anglican)

- Sunday, 9:27 a.m. at SC

Deal with bad 'reality' fears with a renewed outlook

CHAPLAIN (CAPT.) SHAWN LEE
1st Battalion, 21st Infantry Regiment
2nd Inf. Brigade Combat Team
25th Inf. Division

SCHOFIELD BARRACKS — Reality has gotten a bad rap, lately.

People seem fearful that fake news is more powerful than the factual truth.

Reality TV is often a depressing series of broken hearts and overdone drama.

It's as if "reality" only exists for people to share their fears and complaints about life.

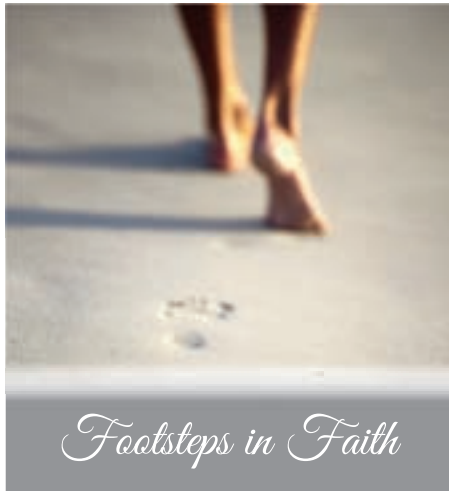
It's no wonder that many of us would rather augment reality with Pokemon Go or other mobile games and apps, than face our problems head on. The problem is that when "reality" is marked by our fears and complaints, these same fears and complaints begin to define our existence.



Lee

No judgment

I don't mean to say that your complaints are illegitimate. Life is hard and it can often be painful. I will not deny that. Indeed, if you're going through difficulty, you should not simply



pretend your problems away as if life is easy. Please share them with a trusted friend, talk with a chaplain or another trustworthy resource.

But if our only focus is on our fears and complaints, they can distract us from the blessings and privileges we have. If our vision is set on what is wrong with life, then we will never see what is going well. If we fail to see how God has blessed us, this would actually ignore the reality around us.

Scripture says this: "Bless the Lord, O my soul, and forget not all of his benefits," at Psalm 103:2.

I'll be the first to admit that life is not just a series of happy moments filled

with saccharine-sweet goodness. But even through pain, it is easier to find hope and wait on God's redemption when we choose to remember where he has already been faithful to us.

When we see the good with the bad, the joys with our pains, then we see the fullness of reality and not just the darkest version of it that we create for ourselves.

Take a moment

In the midst of life's difficulties, I invite you to take a moment to count your blessings. Give thanks for the life that you have today, and hope for a better tomorrow.

Recognize those around you who love you unconditionally, and who are willing to be strong when you are weak. Celebrate each payday when you are rewarded for your hard work and efforts. Even a workday should be a blessing when we consider the privilege that we have to participate in our nation's defense and way of life.

Do not fear what you find in fake news and instead trust the truth you can find in God's goodness. Turn off the darkness of "reality" TV and look for the light and joy there actually is in reality. And don't augment your reality with cell phone games, but shape a better reality by turning to loved ones who care for you.

(Editor's note: Lee is the 1-21st battalion chaplain in 2IBCT.)



There’s challenge living without the memory

KRISTI HAYASHIDA
Tripler Army Medical Center

HONOLULU — Average lifespans have more than doubled in the 20th century due to an increase of improvements in health care, but good news becomes shadowed by the ability to remember it.

With an increasing aged population, cognitive impairment such as Alzheimer’s disease is a major social and health issue. All aging humans will develop some degree of decline in cognitive capacity, which usually includes symptoms like forgetfulness, decreased ability to maintain focus and problem solving.

If left unchecked, cognitive decline may lead to dementia, Alzheimer’s disease, illness and death.

Evaluation

Maj. Jonathan Y. Ji, chief of the Neurology Department at Tripler Army Medical Center, also known as TAMC, recommends an initial evaluation for all patients suspected for dementia. Ji explained that the initial steps usually start with a clinical evaluation involving the patient and their family members, who can focus on the patient’s history. This is then followed by a complete physical examination, including a neurologic exam that may involve a neuropsychological evaluation.

“We also complete a thorough screening for depression in patients because this often masquerades as dementia,” said Ji. “Here, in TAMC, we offer structural neuroimaging with either a noncontract head CT (computerized tomography) scan or MRI (magnetic resonance imaging) for the initial evaluation of all patients suspected with dementia.”

A patient diagnosed with dementia is being diagnosed with a set of symptoms



Courtesy photo

Tripler Army Medical Center’s Neurology Department offers screening for Alzheimers disease. The condition is the sixth leading cause of death in the U.S. There is no cure for Alzheimers disease, but there are treatments available.

that affect mental cognitive tasks such as memory and reasoning. It is easy to overlook the early signs of dementia, which often begin with simple episodes of forgetfulness. It occurs when certain brain cells are damaged.

Many conditions can cause dementia, including a degenerative disease such as Alzheimer’s.

Form of dementia

Alzheimer’s disease is a form of dementia, and not considered a normal part of aging. It is a progressive and irreversible brain disorder that gradually destroys aspects of memory, processing speed and reasoning, and executive functions.

According to the Centers for Disease Control, or CDC, Alzheimer’s disease is responsible for about 50 to 70 percent of all cases of dementia, and it is the sixth

leading cause of death in the United States.

Unfortunately, it is impossible to diagnose an Alzheimer’ patient with complete accuracy while the person is alive. The complete diagnosis can only be confirmed when the brain is examined during an autopsy under a microscope. However, neurologists who specialize in cognitive dysfunction are able to make the correct diagnosis up to 90 percent of the time.

“TAMC neurologists are board certified, but not fellowship trained, yet,” explained Ji. “We refer our patients out to specialists for further evaluation. It is important for a patient’s loved ones to be involved because they can provide invaluable insight, as well as supportive history of cognitive and behavioral changes.”

Patients with Alzheimer’s disease will

slowly develop symptoms and get worse over time. In its beginning stage, memory loss is mild, but in its later stage, individuals lose the ability to carry on a conversation and respond to their environment.

Alzheimer’s disease affects all of the so-called “fluid” mental abilities that are important for carrying out simple tasks for everyday living, such as brushing one’s teeth or combing one’s hair. Eventually, an Alzheimer’s patient will become anxious or aggressive and need total care.

Although there is currently no cure for Alzheimer’s disease, early diagnosis and intervention methods are improving, and treatment options and sources of support can improve the quality of life.

Ji explained that TAMC offers detection, medication to help with Alzheimer’s symptoms and referrals to neurologists who can properly diagnose patients and educate their family members.

“As a provider, it is not difficult for me to provide care to a person suffering from Alzheimer’s,” Ji said. “But I imagine it must be very challenging for their family and loved ones.”

Caring for a person with Alzheimer’s disease can have high physical, emotional and financial costs. Being well informed and joining a support group can help caregivers handle the stress of caring for a loved one with Alzheimer’s disease.

Learn More

For more information on Alzheimer’s disease and support systems, contact your primary care manager at (808) 433-2778 to schedule an appointment or visit www.nia.nih.gov.

Shift into slow gear to lose extra weight this year

CLAUDIA DRUM
Army Public Health Center

Thanks to our jam-packed schedules and laptop lunches, more and more of us are gulping down our meals in record time.

According to an article in the *Journal of the American Dietetic Association*, the “Road Runner” style of eating can disrupt chemical signals of fullness that may lead to overeating and obesity.

Slow down

If you shovel in bite-after-bite in rapid succession, you can pack in a lot of extra calories during the 15-20 minutes that it takes for your stomach to tell your brain that you are full.

On the other hand, when you eat slowly and stay focused on your food (how it looks, tastes, smells and feels in your mouth), you are more likely to listen to your body and stop eating when you feel satisfied rather than overeating to the point that you feel uncomfortably full.

This year, resolve to downshift during mealtime to help you eat less and shed those extra pounds. Consider these techniques to help you slow down and enjoy your food more, but eat less:

•**Start your meal hungry, but not starving.** Starting a meal when you’re ravenous increases the likelihood that you’ll wolf down your food. Have a small, high-protein/high-fiber snack (i.e., a fresh apple and a piece of string cheese or a handful of veggie sticks with 1-2 tablespoons of hummus) between your meals to avoid being overly hungry at mealtime.

•**Use smaller dinnerware.** We eat 92 percent of what is on our plates. Use a 9-inch plate and smaller bowls and glasses to help you effortlessly serve yourself less and take in fewer calories.



Photo courtesy of U.S. Army Public Health Center

•**Turn off the screen.** “Tune in” to your meal. Sit in a location away from digital distractions like phones, computer tablets, TV, etc. When your attention is diverted by other activities, you may not notice how fast, or how much, you are eating.

•**Go green.** Load up half your plate with fruits and veggies. Fruits and veggies (especially fresh) take longer to eat, and they are loaded with vitamins, minerals, water and fiber, which will help you fill up without weighing you down.

•**Follow these steps** and take a “breather.”

- 1) Take a small bite of food.
- 2) Place your utensil on the table or plate and release it from your hand. If you’re eating handheld food such as pizza, sandwiches, bagels or cookies, take one bite

and then put the rest of your food down while you chew.

3) Chew your food thoroughly and pay attention to its taste and texture.

4) Swallow what is in your mouth before preparing for the next bite.

5) Sip your beverage and take a deep breath. Use this moment to “check-in” with yourself and note your feelings of fullness.

Repeat steps 1-5 with each bite of food.

•**Aim for a “6.”** On a scale of 1-10 where 1 is starving and 10 is stuffed, aim for a 6 (just satisfied or just starting to feel full). When you’re at a 6, stop eating and immediately ask for a “to-go box” if you’re dining out, or push yourself away from the table if you’re at home. Gauge your fullness by how you feel, NOT by how much food is left on your plate.

•**Dim the lights** and listen to some jazz at meal time. Researchers from Cornell University discovered that diners who ate in a more relaxing atmosphere (softer music and “mood lighting”) not only ate less, but also rated their food as more enjoyable.

•**Be mindful and less mindless.** Time your meals with a watch or kitchen timer until you get used to the slower pace, and consider meditating on a routine basis. Meditation can help you eat less by helping you feel more calm and centered. It may also help relieve anxiety, depression and stress as well as improve your memory.

Use the new year to find the right balance during your meals and to enjoy your meals (and maybe even shed some extra pounds). Learn more about how to control your weight through healthy sleep, activity and nutrition – the performance triad.

(Editor’s note: Drum is a registered APHC dietitian.)

Maximize benefits via remote webinar

TRICARE
News Release

In an effort to help TRICARE beneficiaries get the most from their benefit, International SOS will be offering a TOP Prime Remote Overview Briefing Webinar.

The webinar is scheduled for Thursday, Feb. 2, at 4 p.m. (Hawaiian Standard Time), but can be joined by all TRICARE Overseas Program (TOP) beneficiaries via archive recording.

Advance registration can be done any time prior to the event.

Attendees who are unable to join via WebEx and who still wish to join the audio portion of the teleconference will need an Event ID/Number in order to join the “live” session by phone: Event ID/Number is 667 378 145.

Webinar

The TOP Prime Remote Overview Briefing is available at www.tricare.mil/briefings. Beneficiaries can also download the briefing directly by clicking there.

For additional details, visit www.tricareoverseas.com/beneficiaries/resources/educational-resources/webinars.

TAMC**TIP**

Heart Attacks

Learn the signs and symptoms of a heart attack.

A person’s chances of surviving a heart attack increase if he/she gets emergency treatment as soon as possible.

It’s important to recognize the signs and symptoms of a heart attack and act quickly. If you think that you or someone else is having a heart attack, call 9-1-1 immediately.

Take a few minutes to learn the major signs and symptoms of a heart attack:

- Chest pain or discomfort.**
- Pain or discomfort in the jaw, neck, back, arms, shoulders or stomach.**

- Feeling weak, light-headed, or faint.**
- Shortness of breath**, which may occur with or without chest discomfort.

Other signs and symptoms that a person may have during a heart attack include these:

- Nausea** (feeling sick to your stomach) or vomiting.
- Breaking out in a **cold sweat.**
- Lightheadedness.**